



Honey Glazed Pea Pods and Carrots



Vegetarian



Gluten Free



Popular

READY IN



30 min.

SERVINGS



6

CALORIES



105 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons butter
- ☐ 2 cups carrots sliced
- ☐ 0.5 teaspoon cornstarch
- ☐ 2 tablespoons honey
- ☐ 0.5 pound snow peas trimmed

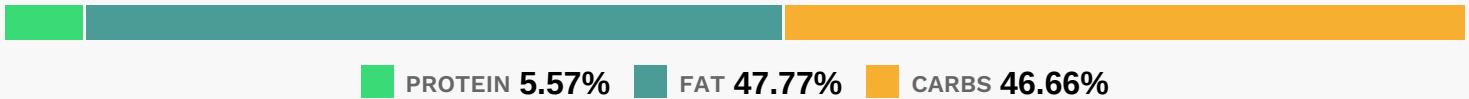
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Bring a large saucepan of salted water to a boil.
- ☐ Add carrots and cook until tender crisp, 10 to 12 minutes.
- ☐ Add pea pods and cook until tender crisp; drain and set aside.
- ☐ Melt butter in the same pan and stir in cornstarch. Return carrots and peas to pan and stir in honey. Cook over medium heat, stirring occasionally, until heated through.

Nutrition Facts



Properties

Glycemic Index:24.85, Glycemic Load:4.36, Inflammation Score:-10, Nutrition Score:9.6417391125275%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 105.47kcal (5.27%), Fat: 5.86g (9.01%), Saturated Fat: 3.63g (22.67%), Carbohydrates: 12.87g (4.29%), Net Carbohydrates: 10.67g (3.88%), Sugar: 9.29g (10.32%), Cholesterol: 15.05mg (5.02%), Sodium: 76.26mg (3.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.54g (3.07%), Vitamin A: 7713.7IU (154.27%), Vitamin C: 25.23mg (30.58%), Vitamin K: 15.57µg (14.83%), Fiber: 2.19g (8.77%), Manganese: 0.16mg (7.95%), Potassium: 217.46mg (6.21%), Folate: 24.33µg (6.08%), Vitamin B6: 0.12mg (6.06%), Vitamin B1: 0.09mg (5.68%), Iron: 0.95mg (5.25%), Vitamin B5: 0.41mg (4.12%), Vitamin E: 0.59mg (3.94%), Phosphorus: 36.95mg (3.69%), Magnesium: 14.48mg (3.62%), Vitamin B2: 0.06mg (3.53%), Vitamin B3: 0.66mg (3.29%), Calcium: 32.44mg (3.24%), Copper: 0.05mg (2.58%), Zinc: 0.23mg (1.51%)